

## ABSTRACT

Lactic acid fermented solution of mushroom produced in accordance with the method for preparing lactic acid fermented solution of mushroom comprising the steps of (a) preparing a mushroom ingredients-containing medium; (b) inoculating lactic acid strain onto the medium; (c) culturing the strain-inoculated medium; and (d) aging the cultured medium is excellent in its taste, flavor and gustatoriness, and exhibits an inhibitory effect against the formation of peroxidized lipid and a dropping effect against blood sugar level.